# *Breast Reshaping After Massive Weight Loss*

***Essay***
Submitted for partial fulfillment of
Masters Degree in General surgery

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**٢٠١٢**

بسم الله الرحمن الرحيم

" قالو سبحانك لا علم لنا الا ما علمتنا انك أنت

العليم الحكيم"

صدق الله العظيم

(سورة البقرة , أية٣٢ )

*Dedicated to*
*My dear Mother and Sisters*
*Thank you*
*Without you I would never be the*
*person who I am now*

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# CONTENT

**SUBJECT** **PAGE**

# LIST OF ABBREVIATIONS

| | | |
|---|---|---|
| **BMI** | : | **B**ody Mass Index |
| **BS** | : | **B**ariatric surgery |
| **IMF** | : | **I**nfra mammary fold |
| **ICAP** | : | **I**nter Costal Artery Perforator |
| **LICAP** | : | **L**ateral Inter Costal Artery Perforator |
| **MWL** | : | **M**assive weight loss |
| **NAC** | : | **N**ipple areola complex |
| **NHLBI** | : | **T**he National Heart, Lung, and Blood Institute |
| **NIDDKD** | : | **N**ational Institute for Diabetes &Digestive and Kidney Diseases |
| **SFS** | : | **S**uperficial Fascial System |
| **WHR** | : | **W**aist Hip Ratio |

# LIST OF FIGURES

# LIST OF TABLES

The world is in the midst of an obesity epidemic. More than ٥٠ percent of adults are obese or overweight that they have a condition called morbid obesity, meaning that excess adiposity or fat tissue causing their weight problem to be so severe that it is life threatening ***(Matarasso et al.,*** ٢٠٠٧***).***

Patients who successfully undergo massive weight loss desire to shed the physical signs of a formerly obese person and adopt a renewed body image ***( Khachi and Rubin, . ).*** The actual weight loss and the body-contouring surgery after weight loss have beneficial effects on self-esteem and body image ***(Song et al.,*** ٢٠٠٦***).***

Since its inception in ١٩٦٦, bariatric surgery has offered the greatest degree of sustained weight loss to the morbidly obese
***(Livingston, ).***

Bariatric surgery or modified life styles go a long way in diminishing the vast weight gain. Patients following these interventions usually undergo massive weight loss which results in redundant tissues of the lower trunk, upper back, breasts, arms, and thighs ***(kwei et al.,*** ٢٠٠٦***).***

Body contouring after bariatric surgery has subsequently grown in frequency. According to American Society of Plastic Surgeons statistics, ٥٢،٠٠٠ body contouring procedures were performed in post– bariatric weight loss patients in ٢٠٠٣, and a ٣٦ percent increase was estimated for ٢٠٠٤ ***(Song et al.,*** ***).***

Breast deformities after massive weight loss vary significantly. Patients typically present with breast ptosis, medialization of the nipple-areola complex and extension to a lateral chest roll. Procedures to correct the deflated breast often address the entire aesthetic unit, including the upper abdomen and lateral chest rolls **(Gusenoff et al., ٢٠٠٩)**

Innovative techniques for optimal results have been offered, such as the spiral flap, total parenchymal reshaping and pedicled perforator flaps. **(Agha-Mohammadi et al., ٢٠٠٦,Hurwitz et al., ٢٠٠٦,Khachi G et al., ٢٠٠٨,Van Landuyt et al., ٢٠٠٨ and Blondeel P et al., ٢٠٠٩)**

Autoaugmentation techniques using dermoglandular and fasciocutaneous flaps (within the breast or locally) have also been used to improve both volume and shape, often avoiding the need for implant augmentation**. (Kenkel et al.**, ٢٠٠٦**)**

Management of the breast following massive weight loss can be challenging but at the same time rewarding. Given the complexity and variability of the breast after massive weight loss, selection of the preferred procedure is based on the patient's anatomy, expectations, and physician comfort skills.**( Colwell et al., ٢٠٠٩)**

Regardless of which technique is chosen, most procedures will incorporate some of the above-mentioned principles to maximize aesthetic results and subsequently patient satisfaction. Different procedures will continue to evolve for maintenance of breast shape over time.**( Breuing et al., ٢٠٠٨)**

The aim of this work is to discuss the different techniques of breast reshaping after massive weight loss as a part of body contouring.